SACWN Inc.

SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK

Oct/Nov. 2005 Vol. 44

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Watch for our next SACWN newsletter in the first part of December.

Holiday Social

December 10, 2005
At the Liquid Bar and Grill
which is located at 3348 S Street

7:00 PM

There will be:

A Raffle

Hors d'Oeuvres

Lesbian Trivia

Pool and other games

$5 admission

Proceeds donated to the Susan G Komen Breast Cancer Foundation

Lots of great stuff to be raffled:

***Dancesport* donated 2 dance classes**

***Talk About It* donated a beautiful wind turner**

***Night Star Candles and Gifts* donated a 2 layer crystal gel candle**

***PartyLite* donated a 7" pillar candle**

***Out and About* donated 2 leather colors and 2 rainbow colors bracelets**

***Cloud Nine* donated a 3' X 5' rainbow flag**

Go to page 9 for more information about these merchants.

THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community.

PO Box 19036
Sacramento, CA 95819-0036
SACWN1@yahoo.com
Website: www.sacwn.com

STEERING COMMITTEE

MEMBERSHIP COMMITTEE
Cindy

NEWSLETTER AND WEBSITE COMMITTEE
Sharon J.

SIG COORDINATOR
(open)

VOLUNTEER COORDINATOR
Margaret

TREASURER
Cindy

CHARITY ADVISOR
Mary Lou

LOGISTICAL SUPPORT
Colleen

MARKETING/ SPECIAL PROJECTS
(open)

EVENT COORDINATOR
Nan

This newsletter is entirely dependent on volunteers.
In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@surewest.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by E-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are $60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.

2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request it.

3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".

4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We have a General Meeting followed by a Steering Committee meeting on the first Thursday of every month (Nov. 3, Dec. 1, Jan. 5). We will now be meeting at Butch N' Nellies at 1827 I Street. Our meetings start at 7 PM. Come and find out what's going on and give your ideas and input to help our organization become stronger and continue to be a reflection of our members' interests.

Your input is important to us. If you have suggestions but can't be at the meetings, send an E-mail to SACWN1@yahoo.com with your ideas.

Happenings in the Community

Camping Women Activities

Camping Women: This group is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is: www.campingwomen.org. For local information e-mail Sharon: shtaylor@dfg.ca.gov.

October 21 - 23 - Bodega Bay Camp out Page & Connie are facilitating this event. Halloween party at Niki's - details coming.

Lavender Library Events:

For more information about this and upcoming films, go to the Lavender Library site: http://www.lavenderlibrary.org/

Lambda Players Theater

FRIDAY, SEP.16 THRU OCT. 15, 2005
Hedwig and the Angry Inch
A transsexual punk rock girl from East Berlin tours the US with her rock band as she tells her life story and follows the ex-boyfriend/bandmate who stole her songs.
When: Friday, September 16 through Saturday, October 15, 2005
Where: The Lambda Players Playhouse 2427 17th Street, Midtown Sacramento, CA
Info: Phone (916) 444-8229, www.lambdaplayers.com

TUESDAY, OCTOBER 11, 2005 National Coming Out Day

Annual Event in Celebration of the First LGBT March on Washington
Saturday, October 11, 2003
More information at:
http://www.hrc.org/Content/NavigationMenu/Coming_Out/Get_Informed4/National_Coming_Out_Day/Index.htm

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HOMEOWNERS....Take Control Of the Equity In Your Home!

If you are like most homeowners in California, you have been lucky enough to see astounding appreciation rates. What this means for most of us is that we are sitting on a gold mine. So now what? We have all this equity...what are we supposed to do now?

Well, now you need to separate that equity from your house. Take the equity you have built in your home and put it away for your future. I know what you are thinking...if I separate my equity, my mortgage will be higher and my payments will also be higher and I can't afford that! Actually, you can do just that. And, in most cases, keep your payments virtually the same. That's right. It is true.

Let's face it...not many of us are prepared for our retirement days. We haven't much savings and we're uncertain if Social Security will be there to help us through. We have to take measures today to ensure our financial future tomorrow. So, where can we get the money we need to start saving today? In our homes!

Call me today for a free analysis of your mortgage. Let me show you the way to financial freedom. I am a loan officer and represent a full service morgage lender and offer a full range of financing products. I'm sure I have one to fit your needs.

Kari Emery/Guild Mortgage
(See the ad on page 10)

Special Interest Groups (SIGS)
Do you have an idea for a new special interest group?
Come to our Monthly Steering Committee meeting and present your idea.
We're always happy to offer more groups in which our SACWN members can participate!

Couples Dinner Group

The Lesbian Couples Dinner Group formed in the summer of 2003. We have a great time sharing good food, good conversation and friendship.

We have approximately 11 couples that meet on a monthly basis at different local restaurants or a couple's home. We are always open for suggestions as to restaurants or activities.

All lesbian couples are welcome to join us for dinner or whatever activity we are having. We meet once a month at a local restaurant to enjoy good food, good friends and good conversations.
To find out where the next Couples Dinner is going to be, please contact: jazlady88@hotmail.com. Hope to see you soon!

Top 10

Top 10 is for women over fifty and for women who love women over fifty. This group is for both singles and couples. Each month we get together for a meal at a local restaurant or at home pot lucks.

October 30th Traditional Halloween Party at Dot & Betty's. It begins at 2:00 P.M. There will be a costume contest and prizes will be awarded. Bring a side dish and your own drinks. We will, once again be collecting toiletries you may have accumulated during your vacation travels, along with clean items of clothing, (mainly women's and children's), and cash donations for lip balm to be distributed at Maryhouse. Tele: (916) 456-2577, Dot and Betty.

November 19 will be the traditional Thanksgiving Potluck at Sharon and Donna's. It begins at 2:00. Bring a side-dish and your own drinks. Also, bring a chair. Please RSVP by November 10 to 916-483-8730.

Simply Single is opening to all singles regardless of age. Our group is for single women who live in the greater Sacramento area. We are happy to announce the Margaret and Nicola are going to be our new leaders for the Seasoned Singles. You can contact Margaret at sacto2251@aol.com or Nicola at kingsgrrrl@aol.com. Thanks so much to Margaret and now Nicola, too for volunteering to lead this wonderful group.

Simply Single - On Going Activities

Women's Music - For concert information contact Mary at 916-395-4147 or e-mail MaryStoschke@webtv.net.

Poker on the second Friday of each month. Contact De D at 916-927-3304.

Movie Group - The Singles movie group attends showings of top movies together about once a month, usually at the Tower or the Crest Theater, but sometimes at more commercial theaters depending on the film involved. The group often meets for lunch before, or dinner afterward to discuss the movies. To get on the list to be notified of movie group outings, contact Joy Fisher at jfisher979@aol.com, or call her at (916) 567-1045.

SIGS and Other Groups Of Interest

More Sigs Through SACWN

Arts and Entertainment Group (A&E)

Well, we're planning a trip to Apple Hill on **Sunday, October 16**. They are having the Slate Mountain Bluegrass perform that day at the Rainbow Orchards. We can carpool up there, enjoy the arts and crafts, food, and fruit and then watch the performance. Let's plan on meeting at Sharon & Donna's at 10: 00 and afterward we can talk about having lunch at a local place. If you would like to drive a car for the carpool, please call me. If you're a passenger for the carpool, please bring $5 to help pay for gas. You might want to bring a chair for seating at the concert. For directions to our house and to RSVP, please call before October 10 to Sharon at 483-8730.

From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones. If you're interested in participating in or coordinating an event, contact Dee at 443-2377.

Want to know what else is happening in the area?

Check out these groups:

If the Shoe Fits (ITSF): An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - itsfnews@hotmail.com or PO Box 95, El Dorado, CA 95623. Website: www.itsfnews.org/home.html

River City Bowlers: Sacramento's only Gay and Lesbian Bowling League. Contact person is Tom Lane. 916-635-1535.

The Gay & Lesbian Sierrans is another group you may enjoy. They do day hikes and weekend camp trips. www.motherlode.sierraclub.org/gls.

Tina Reynolds Uptown Studios is at 912 1/2 J Street (inside the orange door). Tina has art shows, and lots of great activities. Get on her e-mail list and she'll keep you informed of the latest GLBT activities in town - tina @uptownstudioes.net

Sac Sisterhood Group is an African-American group of women who love women in Sac called the SacSistahood. Our group has been meeting for one year as a social network for black women who identify as same-gender-loving.
http://www.sacsisterhood.com/list.php

Women On Wednesdays - Meets at the Lambda Center from 7-9:00. There's always a lively discussion. On the 2nd Wednesday, there's a potluck. On the 4th Wednesday, there's entertainment. To find out more go to their group at http://groups.msn.com/WomenOnWednesdays.

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We're looking for some speakers to use with our movie projector when we have SACWN movie night. If you have speakers you would like to donate or sell, please contact us. sacwn1@yahoo.com.

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In politics, if you want anything said, ask a man. If you want anything done, ask a woman.

-Margaret Thatcher-

Health Tip

Health Tip

Taken from the HSI Healthier Talk community forums. Their web site is: www.hsibaltimore.com. Just choose "Forum," and join in with any of the dozens of discussions about nutrition and natural health care.

Everybody has it. Nobody wants it. But without it we might not even be here.

Some scientists believe that body odor may be partly responsible for the longevity of the human race. The theory goes like this: Back when Homo sapiens first roamed the earth, many natural predators found the smell and taste of humans to be so foul that we were largely avoided as a food source.

These days, most of us don't need to worry about being eaten in the wild. A greater worry is provided by aluminum and other chemicals that are contained in many commercial deodorants. That's the dilemma that prompted an HSI member named Suzanne to start a thread titled "Underarm Odor" in the General Health Topics Forum of the HSI Healthier Talk community.

Suzanne writes: "I have tried a few natural deodorants but nothing is doing the job for me. Has anyone found a natural deodorant product that zaps underarm odor?"

That simple question has prompted more than 50 responses so far. Who knew this would be such a hot topic? Here are a few of the replies from HSI members:

Mary: "Try taking a zinc supplement or using zinc oxide cream under your arms at night."

Pinky: "I take one 30mg Zinc tablet daily, and it does the job. Zinc is inexpensive and probably any brand would work."

Aardvark: "Try rubbing a slice of freshly cut turnip under your arms. Don't laugh. It's as natural as you can get and it works."

Leppert: "I've used a clear 'Spray Mist' for many years quite successfully. It contains mineral salts and is supposed to be natural. Years ago, when I used to run 3-5 miles a day I used plain baking soda. It worked quite well."

Rick: "Another option - Sunbathing with Sun on underarms - extremely beneficial to lymph system also. And it's FREE!"

Michael: "What a great idea! Coconut oil is known to have antibacterial qualities. I am wondering if adding a few drops of tea tree oil might make it even more effective?"

German: "No one in this discussion has yet mentioned Lavilin, a natural cream deodorant. One application lasts a whole week. I have used it satisfactorily for some twenty years."

Several members give high marks to "deodorant stones" made of mineral salts (one familiar brand is "Thai Stick"). But these stones contain alum, prompting Michael to ask: "Do the Thai sticks and deodorant stones have aluminum in them?"

Apparently the stones don't contain aluminum chlorhydrate. And the manufacturers state that the molecular structure of the alum mineral is too large to be absorbed by the skin. But a member named Naturalway writes: "Alum is something used in water treatment plants and it wasn't spoken of as something good. After looking at all the websites it looks like it's the same as aluminum."

So are deodorant stones safe to use? The jury is still out on that one.

Personally, I use a dab of zinc oxide which is the main ingredient in Lavlin. First take a shower and then apply. It works on arm pits or feet. And it works for about a week. Then you need to reapply. Sharon

Contact: Eddie Gutiérrez, Director of Communications Phone: (323) 217-8875 Email: eddie@eqca.org

CALIFORNIA MAKES HISTORY AS THE FIRST LEGISLATIVE BODY IN NATION TO PASS EQUAL MARRIAGE RIGHTS LEGISLATION FOR SAME-SEX COUPLES

Sacramento, CA — The California Senate made history today by becoming the first legislative body in the nation to pass equal marriage rights legislation for same-sex couples. Equality California-sponsored Assembly Bill (AB) 849, The Religious Freedom and Civil Marriage Protection Act, authored by Assemblymember Mark Leno (D-Francisco), Assembly Speaker Fabian Núñez (D-Los Angeles), and 30 co-authors passed with 21-15 and now heads for an Assembly floor vote. If passed, California will become the first legislature in the country to pass equal marriage rights legislation for same-sex couples. In Massachusetts, the state Supreme Court ruled that nothing less than marriage rights would be considered equal. The Massachusetts legislature then outlined how they would implement this ruling, but did not pass marriage equality legislation. California will have passed marriage equality without any court involvement, but as the people's legislative body to treat all Californians equally.

"What I like most about this bill is that it guarantees religious freedom," said Reverend Rick Schlosser of the California Council of Churches. "This bill is about people not being able to impose their religious beliefs on other and enables me to perform my ministry freely, how God wants me to."

Founded in 1998, Equality California is a nonprofit, nonpartisan, grass roots-based, statewide advocacy organization whose mission is to ensure the dignity, safety, equality and civil rights of all lesbian, gay, bisexual and transgender (LGBT) Californians. Equality California is one of the largest and fastest growing statewide LGBT organizations in the country. We can be contacted through our website at www.eqca.org.

Monarchs Wear WMBA Crown

Yolanda Griffith scored 14 points and grabbed 10 rebounds, and the Monarchs erased a six-point halftime deficit in Tuesday night's 62-59 win to earn the first WMBA title in franchise history. Griffith was named MVP of The Finals. Nicole Powell added 13 points and Rebekkah Brunson scored 12 for Sacramento, which went 7-1 in the postseason.

Over 3,000 fans stood along the streets of Cesar Chavez Plaza as the 2005 WNBA Champion Sacramento Monarchs rolled around and through the plaza amidst a cheering crowd. The Monarchs ended up at City Hall, where they walked the red carpet up the steps to greet Mayor Heather Fargo, who congratulated them and presented team owners Joe and Gavin Maloof the official key to the city.

History of SACWN

A BRIEF HISTORY OF SACWN

By Rosemary Metrailer, Founder

In Summer 1984, as an attorney in an all-woman firm in Midtown Sacramento, I began to notice I was meeting a number of lesbians through my work that I kept referring to one another for business needs, to serve on community boards, and so forth. I remember specifically a chiropractor, a realtor, an insurance agent, and several social service agency types. So one day I decided to invite them all to bring a brown bag lunch to my office so I could introduce them to one another. July 10, 1984, 8-10 women showed up, we had a great time "networking," and we all agreed to invite more women who should also meet and do it all again the next month.

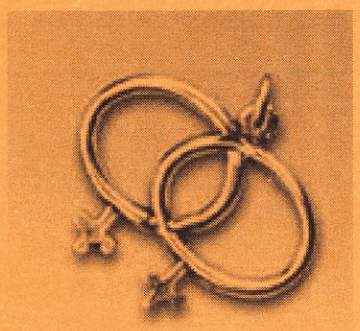
Fortunately, we met in a bigger place that next time, because by August 1984 we already knew we were going to need more space. Several women who couldn't make lunch meetings sent word asking if we could do dinner next time, so women began offering their homes for Sunday afternoon pot lucks. Over each of the next several months we needed larger and larger homes for our meetings. By December I was hand-writing and mailing a little newsletter all by myself to tell everyone where the next meeting was.

In January 1985 I asked for help, and the first Steering Committee was born, meeting in a big room at the YWCA. We adopted a name – Sacramento Area Career Women's Network – and a Constitution. Before we knew it we were serving over 300 members with an all-volunteer board and we realized we needed to "come of age" legally. In April 1987 we went to the membership with a proposal to incorporate, recommending a regular "for profit" corporation because of the confidentiality concerns that were still so considerable then – we didn't ever want to be forced to produce our membership or participants lists, as could be required of a non-profit.

July 1, 1987, SACWN, Inc. was born, and continues to this day. In June 1999 there was one more "legal" change in an effort to make more women feel included - the Steering Committee decided to change our operational name to Sacramento Area Community Women's Network, as it stands today. We've gone through all-volunteer boards and staff with the inevitable "burn-out," part-time paid staff that also "burned out" because there was too much work for part-time, and now we're back to all-volunteer leadership, with all the stresses of trying to please everyone, of juggling work, home and organizational demands, and despite it all, we're still here trying to serve our mission: to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community. Please, volunteer to help if you can – we need your effort, skills and input to do the best job we can for our community.

Thanks to Those Sponsors Who Donated To Our Raffle Supporting the Susan G Komen Breast Cancer Foundation

Dancesport donated two introduction packages to social dancing which includes a 30 minute private lesson.
www.sacdancesport.com



Talk About It - Jewelry and Art donated a beautiful wind turner
This company does Custom Design, and are out of Castaic, CA 1-888-858-3489
talkaboutitjewlery@arthlink.net
Their web page is:
www.talkaboutit.net and www.bandofinity.com and Spirit Legends at
www.talkaboutitjewelry.com

Night Star Candles and Gifts donated a 2 layer crystal gel candle. Tarilyn will make candles the way you want them. They have an array of colors and a variety of fragrances.

PARTYLITE

PartyLite donated a 7" pillar candle. Bradley Ellison can tell you more about hosting a PartyLite Show in your home.
sacnotarybradley@aol.com
(916) 730-9539

Out and About donated 2 leather color and 2 rainbow color bracelets. For more information about their products email cherjoh@yahoo.com.

Cloud 9

Cloud Nine donated a 3' X 5' rainbow flag. To see more of the products go to www.c9cat.com.

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All of us at SACWN want to thank all of these wonderful merchants who made donations for our raffle so we could all help support the Susan G Komen Breast Cancer Foundation.

SACWN's Advertising Rate
Business ads are just $60 per year!

Don't miss out on the best deal in town!
E-mail us sacwn1@yahoo.com and let us advertise your business to our membership.

Couples, Families, Individuals

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Clinical Psychologist
PSY10426

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SACWN - Membership Application

Name: _____

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Address: _____

City: _____State: _____ Zip: _____

Phone: _____ E-mail: _____

(Circle One): NEW RENEWING

CATEGORIES/RATES:

(Check One): __ Regular $24.00 __ Sustaining $48.00 __ Limited Income $12.00
Rates are per household, per year. You will receive a renewal notice when your subscription is running out.

_____I/we would like to receive the newsletter electronically.

E-mail Address: _____ *(if different from above)*

Waiver: I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e. hiking, golfing, skiing, cycling, etc.) I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

Signature: _____ Date: _____

Signature: _____ Date: _____

Please make checks payable to: **SACWN**
Mail to: **SACWN**
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Sacramento, CA 95819-0036

Want to contact us? SACWN has E-mail! You can send E-mail to:
SACWN1@yahoo.com
No computer? Try your local library. They have computers you can use to send E-mail.

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SACRAMENTO CA 957
PM
01 OCT
2005

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